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Chris Comish's blog

Chris Comish is a Reiki Master and here to lift others up in Love and Light.

Saturday, October 11, 2025

Dark Night of the Soul

Explain the dark night of the Soul during awakening.

ChatGPT said:

The Dark Night of the Soul is a profound and often painful stage in the spiritual awakening process. It refers to a period of deep inner turmoil, existential crisis, or intense spiritual desolation where you may feel lost, disconnected, or stripped of meaning and identity.

🔍 Origin of the Term:

The phrase comes from a 16th-century poem and treatise by St. John of the Cross, a Spanish mystic and Carmelite friar. In his writings, he describes a mystical process of purification and transformation that the soul must endure to unite with the Divine.

● What Happens During the Dark Night of the Soul?

It's not just depression, though it can look like it. It's an inner spiritual crisis often characterized by:

Loss of meaning or purpose – Things that once gave you joy or a sense of self (career, relationships, beliefs) may feel empty.

Feeling spiritually abandoned – A deep sense of separation from God, the Universe, or any higher power.

Ego dissolution – Your identity or sense of self begins to unravel, which can be terrifying.

Emotional pain – Deep grief, loneliness, fear, shame, or despair.

Existential questioning – Who am I? Why am I here? What is the point of any of this?

🌀 Why It Happens in Awakening

Spiritual awakening is not all light and bliss — it often involves letting go of illusions, false identities, and attachments. The Dark Night arises because:

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Chris Comish

Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa Social Network. Subscribe to his YouTube channel at Onenessandlove. Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa social network. Subscribe to his YouTube channel at Onenessandlove. Author of 28 Powerful Reiki Attunements, Book of Healing, Book of Wisdom, and multiple energy attunements and healing books.

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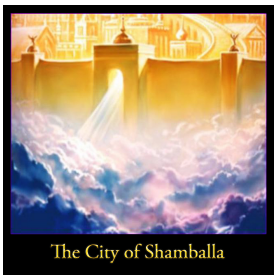

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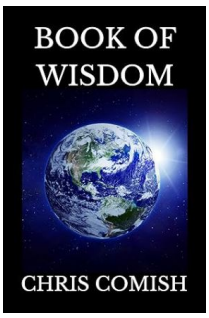

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The ego resists transformation and clings to what is known.

Old beliefs, patterns, and narratives are falling apart.

You are being purified of what no longer serves your soul's growth.

There's a gap between the old self and the new, and that in-between can feel like death.

💡 Signs You're in a Dark Night (vs. Depression)

Dark Night of the Soul	Clinical Depression
Has a spiritual dimension	Often biochemical/psychological
Triggered by awakening or existential shifts	Triggered by trauma, loss, or medical factors
You feel like you're "dying" internally	You may feel numb or hopeless
Leads to deeper spiritual insight	May not involve spiritual questions
Growth follows (eventually)	Requires different support (therapy, medication)

Both are serious and can coexist — and seeking support for either is essential.

🌱 What Comes After?

After the Dark Night, many report:

Renewed purpose and clarity

Deeper inner peace

Authentic selfhood emerging

Compassion and connection to others and life

It's often said the Dark Night breaks you down so your soul can emerge more fully.

How to Navigate It

Surrender: Don't fight the process. Let yourself grieve, feel, and release.

Seek support: From spiritual mentors, therapists, or people who understand the journey.

Reflect: Journal, meditate, or create — find outlets to process what's surfacing.

Be gentle: This is not a failure. It's a deep transformation.

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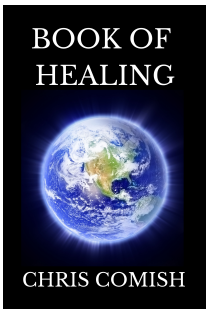

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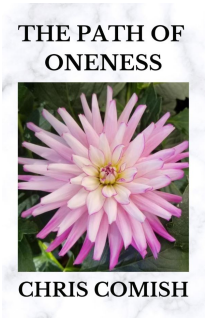

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Final Thought

The Dark Night of the Soul feels like an ending, but it is the beginning of awakening to truth. It strips away illusion so that what is real — your soul, your connection to the Divine, your true purpose — can rise.

If you're in this stage, you are not alone. Many spiritual seekers and mystics have walked through this night — and found dawn on the other side.

- October 11, 2025

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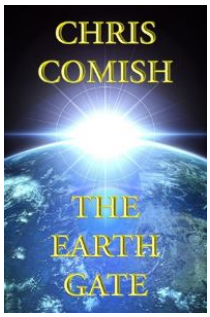

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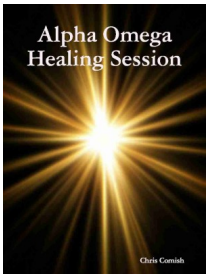

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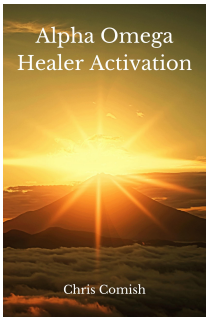

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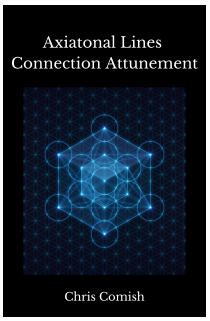

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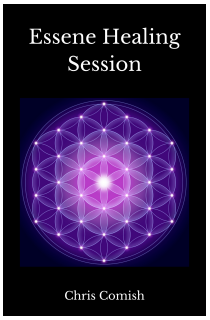

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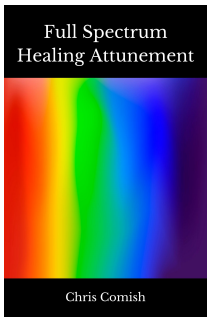

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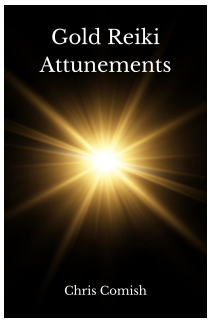

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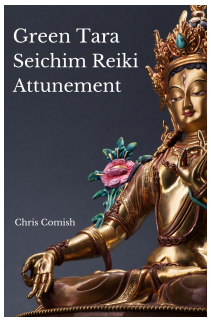

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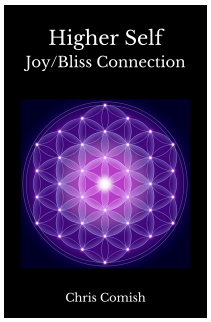

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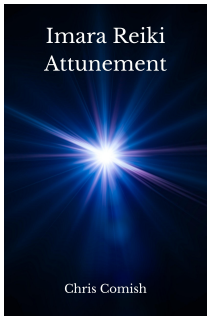

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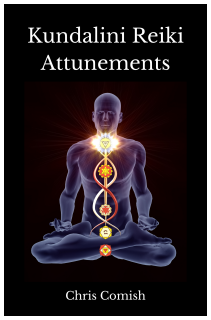

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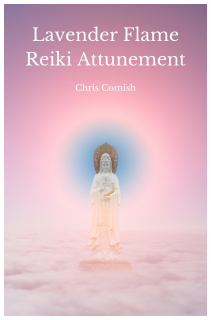

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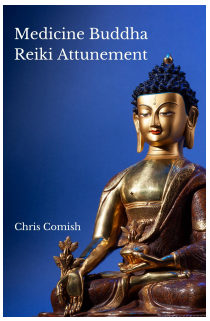

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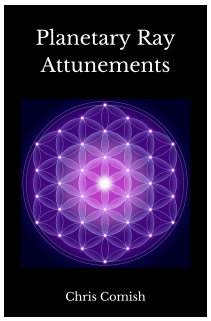

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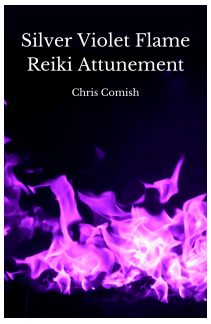

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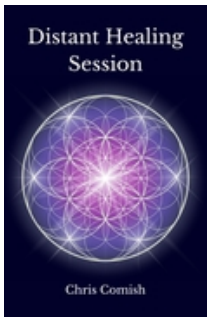

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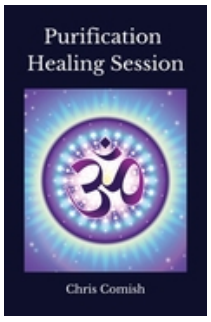

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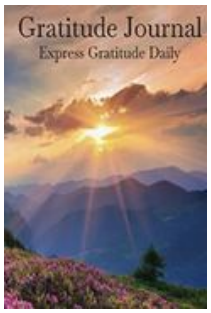

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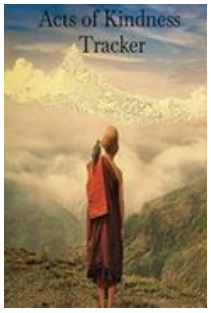

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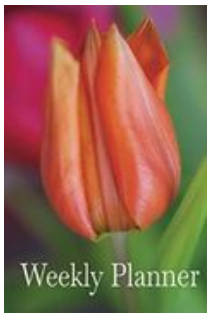

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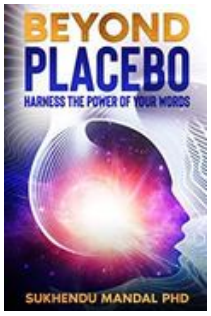

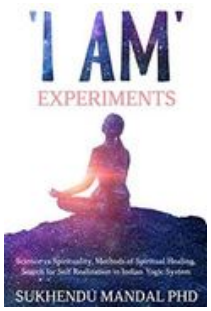

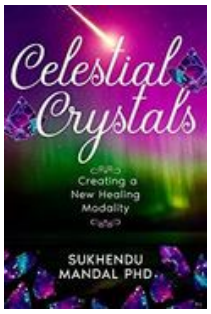

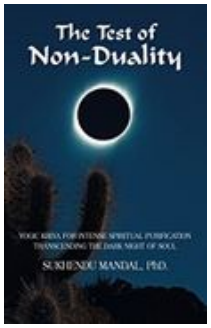

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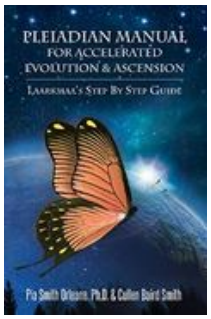

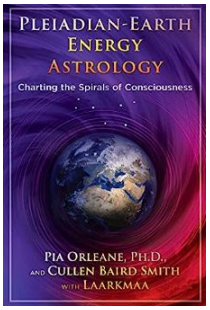
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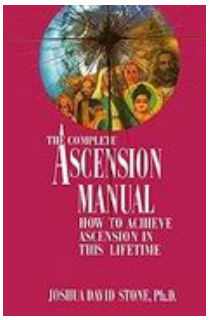
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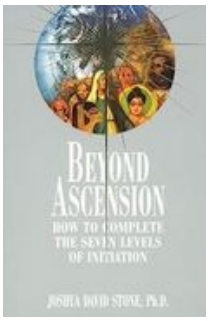
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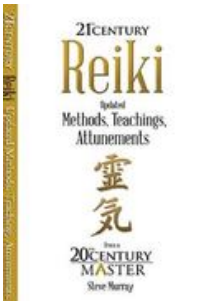
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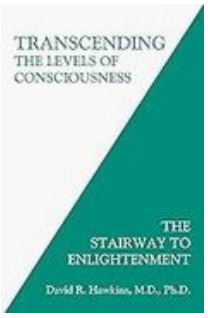
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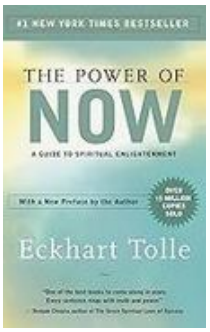
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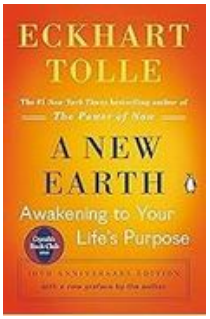
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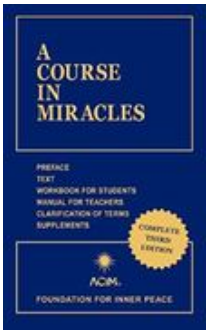
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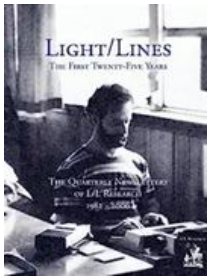
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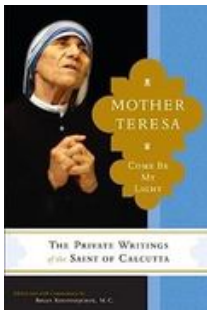
Embracing your higher purpose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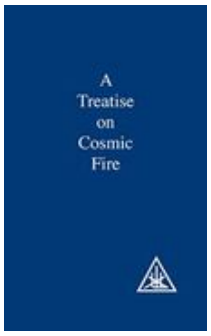
Human and Solar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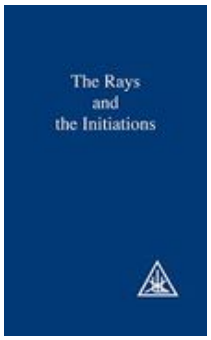
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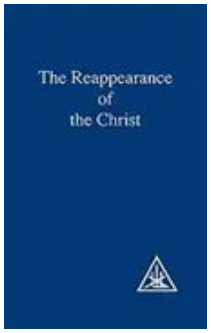
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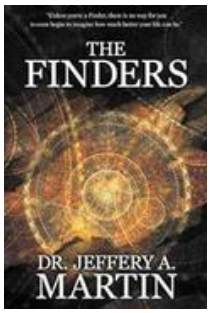
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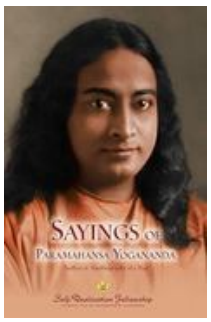
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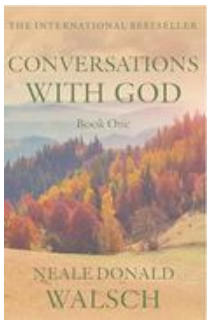
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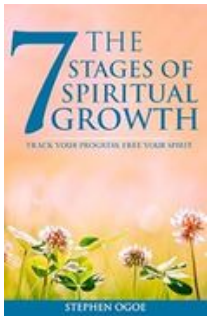
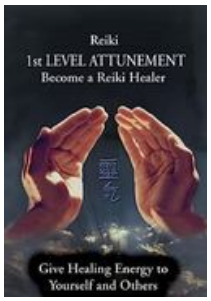
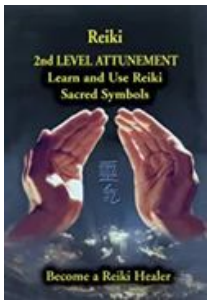
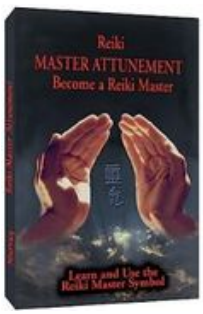
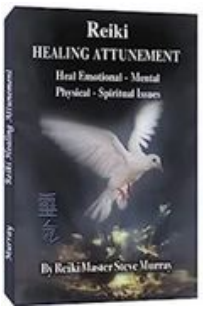


Recommended DVDs (These started Chris Comish's Reiki journey in 2006)









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- The Real Meaning Of Christmas - The Song Of Light Returning
- Solstice Transmission with Anrita Melchizedek
- Do Not Waste This Opportunity
- Meditation And The Inner Celebration of Christmas By Yogananda & The Self-Ralization Fellowship
- ✨NEW MOON ACTIVATION✨ Energy Detox & Supercharged Manifesting Power |Guided Meditation

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